

AMERICAN MARTIAL ARTS ACADEMY PRESENTS

F.A.S.T. DEFENSE AND CHILDREN'S BULLY BASICS

Fear and Adrenaline Stress Management

A Self –Defense Class for Everyone

DATE: MARCH 26, 2022 208 W Main Street Wautoma

TIME: 9:00 CHILDREN'S CLASS \$29.00

10:30 Adults(15+ With Parent who participates) \$49.99

CALL 920-229-2622 TO REGISTER

LIMITED SPACES AVAILABLE

What is F.A.S.T. Defense?

FAST Defense is unlike anything you've ever experienced before!

FAST Defense, or *Fear Adrenal Success Training* is a simple step-by-step process that allows students to recondition their normal negative fear/freeze responses into those of amazing strength and power. Since the adrenal rush is a natural instinctual reaction to any stressful situation, the trick is learning to harness and focus all that power into one's defense. Yet almost all self-defense courses are based on complicated techniques that fail in real situations! The crucial Missing Link is about learning that adrenaline can be our best friend when we are trained correctly!

The #1 factor in Effective Self Defense is learning to deal with the adrenaline and fear induced rush that is a natural survival response to a threatening situation from minor to extreme. All the fancy technique in the world won't help you if the effects of this adrenal rush are not understood and reconditioned to work in your favor. The good news is the effects of adrenaline and fear can be your greatest ally, infusing you with razor sharp reflexes and amazing strength when needed.

